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TOWN OF NEWINGTON

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Department of Human Services



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What Adults Can Do to Prevent and Stop Bullying

Warning signs

- Being afraid to go to school or complaining about feeling ill in the mornings.
 - Skipping school or starting to do poorly in school.
- “Losing” belongings or coming home with clothes or books destroyed.
 - Coming home, or to school, with unexplained bruises or cuts.
- Having nightmares, becoming withdrawn or beginning to bully other children.
 - Attempting or talking about suicide.

What you can do

- If you suspect a child is being bullied, ask them directly. If the answer is yes - here are seven ways you can help immediately:

Offer comfort.

Let the child know you are there to support them and that you will do all you can to help them feel safe. Let the child know that the bullying is not his/her fault. Encourage the child to ask for help and not to stop until they get it!

Work together.

Schools and parents should work together to prevent and stop the bullying. Parents should contact the school immediately to make sure the situation will be monitored so their child will be safe. Schools should develop a plan for supervision and intervention and foster a climate where all students are safe, cared for and can come for help if it is needed.

Make arrangements for safety.

If the bullying happens on the way to school, parents can arrange for their child to go with older, supportive children, or personally take them to school until the threat of bullying is gone. Talk to the child in your life about making sure they are part of a group and are not isolated.

Help develop confidence.

Children who bully tend to pick on children who are isolated, so helping children develop confidence in their social skills can make a big difference. Encourage them to participate in clubs or social groups that share similar interests.

Practice effective responses.

Work with a child in your life to practice what to say to someone who is bullying them. For example, a child could say, “Stop it. I don’t like it” firmly and walk away.

Build self-esteem.

Create opportunities for a child in your life to do something well – a task, a sport or hobby – and praise him/her for it to help build self-esteem.

Communicate

Encourage a child in your life to talk with you about their feelings and ideas. This may take numerous attempts before he or she is able to break free from the fear of tattling.

For Assistance contact Newington Department of Human Services at 665-8590